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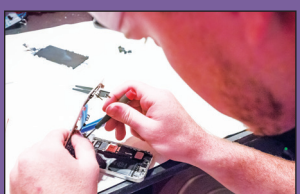
THE INDEPENDENT VOICE FOR KANSAS STATE UNIVERSITY

INSIDE this issue

» **PAGE 4:**
The
complexity of gun
violence



» **PAGE 6:**
A guide to
broken cell phones



Monday News Briefs

DANIELLE COOK
THE COLLEGIAN

MAN DROWNS IN PERRY LAKE, BODY IDENTIFIED

After jumping into the water of Party Cove, a popular spot for boat gatherings, at Perry Lake, a man was reported never to have resurfaced. Four divers searched for 30 to 40 minutes before finding the body.

Later, the body was identified as Jeremy Welch, 30, of Bonner Springs. An investigation of the drowning continues.

HUMAN REMAINS FOUND IN KANSAS CITY NEAR RIVER, INVESTIGATION ENSUES

A person fishing in the Kansas River area in Kansas City, Kansas, found the remains of a human foot inside a shoe near 42nd Street and Speaker Road.

A search of the area by authorities later in the day uncovered more remains, and a follow-up search on Sunday morning revealed yet more bones. The investigation of these findings continues.

BULLET SHOT THROUGH DARA'S GLASS DOOR

On Aug. 27, at around 1:30 a.m., it was reported that a bullet was fired through the glass front door of the Dara's Fast Lane on Kimball Avenue and Tuttle Creek Boulevard.

The convenience store was closed at the time of the crime. A report for unlawful discharge of a firearm and criminal damage to property was filed by officers from Riley County Police Department. An investigation of this crime

IMAX® theatre to help community thrive



Parker Robb | THE COLLEGIAN

The Manhattan Town Center Mall is planning to install a 13-screen IMAX theater in conjunction with Carmike cinemas in the anchor space vacated by Sears about a year ago, with the intention of bringing more traffic to Manhattan's downtown. Manhattan Town Center leadership hope to open the new theater by the end of 2016.

DANIELLE COOK
THE COLLEGIAN

The space that was once the Manhattan Sears department store is set to transform into an Eden of entertainment. Construction for the new Carmike Cinemas' IMAX movie theater is to begin this winter.

Jeff Sutton, Manhattan Town Center's marketing manager, said that while the Manhattan Town Center will no longer be home to Sears, the local mall is eager to bring something as big as an IMAX theater to the ever-growing community of Manhattan.

"We lost Sears a little less than a year ago and began the process of looking for a suitable tenant that would create enthusiasm and drive traffic to the downtown area as part of the redevelopment that has been underway," Sutton said. "(We) landed a pretty big deal when we brought in Carmike, who

is going to have a 13-screen theater, one of which will be IMAX."

Sutton said there is currently no set-in-stone opening date for Carmike's Manhattan IMAX theater project, but the goal is to see the theater in place by the later months of next year.

"That process is fluid because right now we're in the process of tearing down the old Sears building, and that takes a lot of time and effort to coordinate so that it's done safely and efficiently," Sutton said. "After that's all done, torn down and cleared out, we'll begin construction on the movie theatre."

Sutton said that because the project will begin in the winter, when the weather can create difficulties, the opening date has not been set.

"But we're definitely looking at 2016," Sutton said.

The new IMAX theater in Manhattan will welcome films created to take viewers on cinematic adventures, in hopes of bringing locals and visitors the latest and

most entertaining experiences the movie business has to offer.

"IMAX is supposed to be a higher quality in showing movies," Alexis Colston, freshman in physics, said. "It'll be really amazing to see movies that I'm already really excited to see, like 'Captain America: Civil War,' on that kind of screen."

Business, visitors and advanced entertainment are not the only things the new theater is expected to bring to Manhattan residents — it's also expected to bring Manhattan moviegoers together in unique and thrilling film viewing experiences.

"I think it's an awesome idea because I think movies can really bring people together because you'll be in a room full of strangers, but you're all just laughing and crying at the same things," Megan Fish, freshman in arts and sciences open option, said. "So it does bring people together, and having an IMAX will enhance that togetherness."

Sutton said that, from a lo-

cal standpoint, the coming of the IMAX theater to downtown Manhattan is sure to bring interest to the area, due to the theater's reputation for being a technologically-advanced form of entertainment.

An IMAX theater will allow locals and people from surrounding areas the opportunity to experience something new in their own community, as opposed to having to travel to larger cities, such as Kansas City or Wichita, to get a taste of the film viewing experience an IMAX theater has to offer.

"Over the last few years, we've seen downtown really grow and prosper, and it's everything from offices where business is conducted every day, to dining options that are unique and great places to eat, to entertainment," Sutton said. "So we feel that by bringing in the Carmike theatre, it's helping, as part of that good tenant mix, in providing the most up-to-date possible solution for a great movie experience."

Students participate in Wildcat Run for Wellness 5K

AUDREY SCHMITZ
THE COLLEGIAN

As the Week of Welcome drew to a close, students and community members geared up for one of the final events of the week: the Wildcat Run for Wellness 5K. The race began at 8 a.m. at the north entrance of the Chester E. Peters Recreational Complex on Saturday.

According to Megan Maransani, assistant director of fitness and wellness at the Recreational Complex, 112 participants, including students and Manhattan residents, came to run in the 5K race.

"We are excited that it has grown since last year and are glad that people are starting to recognize the coalition," Maransani said.

The 5K race started out on Denison Avenue and turned onto Kimball Avenue past the football stadium, trailed down College Avenue and Claflin Road and back up Denison Avenue, where participants finished at the Recreational Complex.

Cash prizes were given to the top finishers in various age categories, and gift cards to local businesses were donated to raffle off at the event.

The first female to cross the finish line, McKenzie Miller, fresh-



Miranda Snyder | THE COLLEGIAN

All the participants of the Wildcat Wellness 5K gather at the starting line at the Charles E. Peters Recreation Complex before the race on Sunday.

man in animal sciences and industry, said she heard about the 5k race from her roommate.

"I came out just to have fun," Miller said. "It was a good day to run because of the clouds, and it is cool."

Miller said she ran track and field and cross-country in high school and has done a lot of 5Ks and 10Ks. She said she is looking forward to participating in more campus 5Ks throughout the upcoming school year.

Another top finisher, Caleb Engeman, freshman in open option, said he was able to achieve his goal of finishing in the top three.

"(It was) good, but I didn't do as well as I wanted," Engeman said. "I haven't trained very much in the past few weeks."

According to Maransani, the Wildcat Wellness Coalition is an up-and-coming organization promoting all aspects of wellness, including the physical, mental, emotional and social elements.

"Our mission is to promote wellness to the campus community and healthy lifestyles for especially our students, but then of course our faculty, staff and community," Maransani said. "We want to do that by providing necessary information to the community of K-State on ways to achieve wellness through materials, websites or big events like the 5K."

Maransani said she hopes the event continues to grow year after year.

THIS DAY IN HISTORY

On this day in 1888, Prostitute Mary Ann Nichols, the first victim of London serial killer "Jack the Ripper," is found murdered and mutilated in Whitechapel's Buck's Row. The East End of London saw four more victims of the murderer during the next few months, but no suspect was ever found.

SOCIAL MEDIA



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WEATHER

TOMORROW:

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WEDNESDAY:

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21 Re-nounce

24 Deserve

25 Meadow

26 Parched

28 Dining room need

31 Diplomacy

33 Pouch

35 Feeder filler

36 Egyptian crosses

38 — favor, señor

40 Compass dir.

41 Topple (over)

43 Actor Liam

45 Cantankerous

47 Kan. neighbor

48 Evening hour in the past

49 "The Sign" band (1994)

54 Sprite

55 Chatter

56 Jewel

57 Born

58 Detester

59 H-deux-O

DOWN

1 Stir-fry pan

2 "Entourage" role

3 Japanese money

4 Agreement

5 Tenants

6 Sphere

7 Become one

8 Noah's landing site

9 Hive leaders

10 Supplemented, with "out"

11 Contradict

16 Wildebeest

20 History chapters

21 Sask. neighbor

22 Legume

23 Type of dive

27 Mouth, slangily

29 Carson's successor

30 Paradise

32 You, old-style

34 Mean

37 Angelic figure

39 Short coat

42 Wetsuit material

44 Recede

45 Micro-wave, e.g.

46 Anger

50 Chow down

51 Time of your life?

52 The Red or the Black

53 Ostrich's relative

Solution time: 21 mins.

J	E	T	C	U	S	P	L	A	M	S		
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Saturday's answer 8-31

1	2	3	4	5	6	7	8	9	10	11
12			13					14		
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48			49		50			51	52	53
54			55					56		
57			58					59		

8-31 CRYPTOQUIP

ITOAIJOW RO VNYOBJ VNTI

MLRBL QTA MRXX PJW Y KJNQ

ORBJ KRJM TV JKJNQWLROP:

WLJ JQJVAX WTMJN.

Saturday's Cryptoquip: SINCE HE IS TRYING TO CONVINCE PEOPLE TO BELIEVE IN A DOCTRINE, I'D SAY HE'S PITCHING A TENET.

Today's Cryptoquip Clue: L equals H

THE BLOTTER

ARREST REPORTS

SUNDAY, AUG. 30

Alec Lee Sewell, of West Hall, was booked for vehicular burglary and purchase or consumption of liquor by a minor. Bond was set at \$4,000.

Everett Martin Girton, of the 500 block of Osage Street, was booked for vehicular burglary and purchase or consumption of liquor by a minor. Bond was set at \$4,000.

Kelsey Taylor Seetin, of Junction City, was booked for driving under the influence. Bond was set at \$3,000.

Arleen Rodriguez Laureano, of the 3000 block of Brookville Drive, was booked for driving while suspended. Bond was set at \$750.

Joseph Patrick Sullivan, of St. Mary's, Kansas, was booked for disorderly conduct. Bond was set at \$750.

Bradley Charles Wagner, of the 1800 block of Platt Street, was booked for disorderly conduct. Bond was set at \$750.

Jacqueline Victoria Russell, of the 1100 block of Vattier Street, was booked for driving under the influence. Bond was set at \$750.

Conceptis Sudoku By Dave Green

5		4	1	8		3		6
		6	9			7		
	7				2		4	
		9					3	5
8				3				9
4	5					8		
	3		6				8	
		2			1	9		
1		8		7	3	6		2

Difficulty Level ★ 8/31

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Letters may be rejected if they contain abusive content, lack timeliness, contain vulgarity, profanity or falsehood, promote personal and commercial announcements, repeat comments of letters printed in other issues or contain attachments.

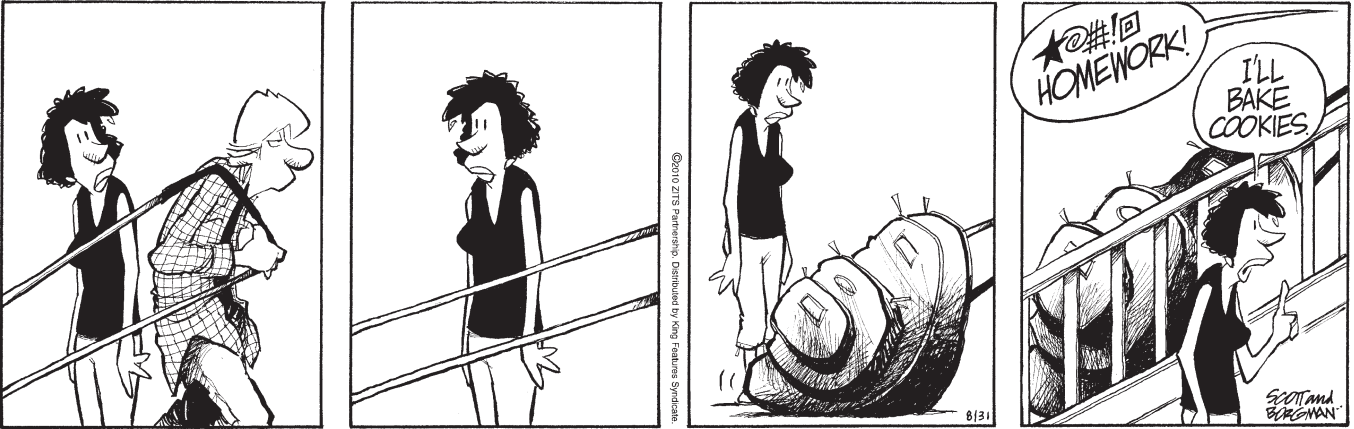
The Collegian does not publish open letters, third-party letters or letters that have been sent to other publications or people.

CORRECTIONS

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Zits | By Jerry Scott and Jim Borgman



KenKen | Easy-Medium

Use numbers 1-6 in each row and column without repeating. The numbers in each outlined area must combine to produce the target number in each area using the mathematical operation indicated.

2/	3	2*	7+
3-		10+	
1-			

2/		3-	1-
36*			
	9+		5+
	2		

2/	8+		120*		36*
	12*			6+	
6+		5-			
2/		8*	2/		15*
6	25*				
		11+			4

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E L T T A E S N R L R E T U U
U J D N A L K A O A N B R C L
G I G L U A P T S I T F O A O
E D C A Y X W V V N T N P R N
N S R E G D I R B M A C A Y O
E P O N L N I T S U A K K S H

Monday's unlisted clue: LEAD

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

Tuesday's unlisted clue hint: COLORADO CAPITAL

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



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STICKELERS

by Terry Stickels

Here is a cryptogram of a quote from Mark Twain. A = X, B = T and S = T. See how long it takes you to translate Twain's quote.

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BGIGITGB XHLVQAHS, CQGVQGB AV QXM
QXUUGHGM EB HEV; TNV IL KXDNYVAGZ
XBG MGDXLASH HEC XHM ZEEH A ZQXXY
TG ZE A DXHHEV BGIGITGB XHL TNV
VQG VQAHSZ VQXV HGOGB QXUUGHGM.
AV AZ ZXM VE SE VE UAGDGZ YARG
VQAZ TNV CG XYY QXOG VE ME AV.

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	0	0	1			1		
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1		0		1	0	0		0
0		1		0		1		
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	1		0	1	1		1	0
1			1				1	
1	1			0		0	0	1

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Using the 15 tiles in the bunch, create six common seven-letter words, and fill them into the blanks below.

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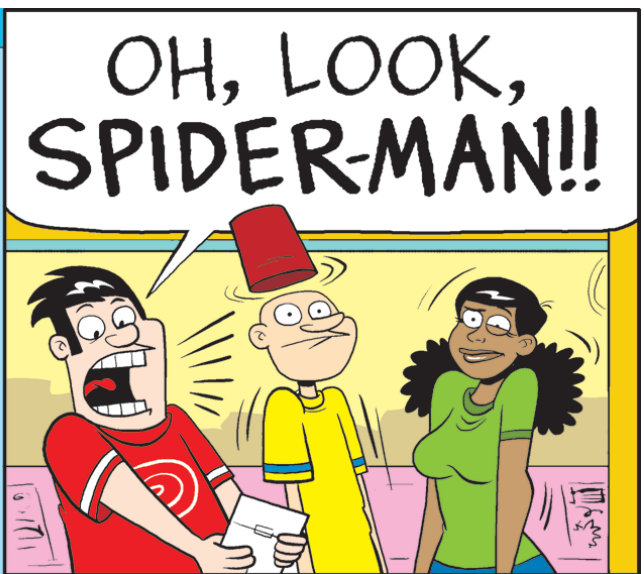
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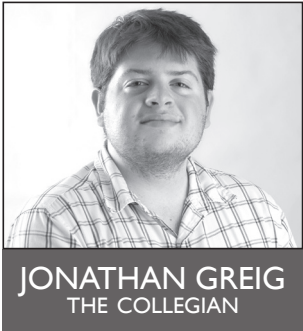
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Gun control necessary solution, not the only one



There is a word that I'd like to talk about that is based on Japanese mythology of the deity Kuebiko, who is represented by a scarecrow who cannot walk but has complete awareness. The word, kuebiko, according to the Dictionary of Obscure Sorrows, now refers to, among other things, "a state of exhaustion inspired by acts of senseless violence."

I came across this word after the Charleston church shooting in June, and as of last Wednesday, with the killing of two young journalists, Alison Parker and Adam Ward, I've been overwhelmed by kuebiko again. And I wanted to bring this up because I think we all have been. We are all tired.

Normally, writing an opinion piece, I would try to convince you of something with hard numbers and statistics from independent studies and research centers, but today, I am just too tired. Today, I just want to express some feelings and thoughts about this issue.

Some people will say that we have a gun problem in this country. Others will insist that incidents like these aren't a gun problem, they're a mental health problem.

Well, yes, it is a gun problem. And yes, it is also a mental health problem. That's what is so contentious about the gun violence debate – it is a complex epicenter of social issues. It is the unfortunate breaking point where many of our country's problems collide, producing unspeakable acts.

The main issue in this collision is an ancient one, which has hindered humanity for centuries: the issue of hate.

Showcasing this hate, ABC News on Aug. 26, the day of the shooting, published an article "After Shooting, Alleged Gunman Details Grievances in 'Suicide Notes,'" in which the gunman's thoughts were revealed. At one point in his note, he said that "The



Illustration by Kent Willmeth

church shooting was the tipping point...but my anger has been building steadily...I've been a human powder keg for a while...just waiting to go BOOM!!!!"

Originally, I didn't want to print the gunman's name. I hated what he did, and what he said about it. I hated him, and could not even bring myself to acknowledge him. But I've since changed my mind.

His name was Vester Flanagan, and he was a person.

This is the idea I would like to express most of all. We should not hate him, despite the monstrous and despicable act he committed. For therein lies the biggest problem – to hate him is to dehumanize him. And to dehumanize other people is how violent acts like this are born.

Vester Flanagan saw Alison Parker and Adam Ward as instruments towards his own end, not as

people. He saw them as "Others," as something separate from himself. These constructed barriers between ourselves, between white and black, between rich and poor, between gay and straight, between sane and insane, are what obscures one of the most beautiful traits about us: our camaraderie. Humans, thanks to our intelligence, have more ways, and deeper ways, to connect to each other than any other species in the history of our generous planet. How could we possibly not try our best each and every day to appreciate that?

Certain people, when these tragedies occur, will say things like, "You just can't cure evil." This thought leads to the platitude that if it wasn't a gun, it would've just been an axe, or a chair or something else. I have to say, though, that this idea that it was inevitable is an absolutely pathetic suggestion.

I understand that this issue of

gun violence is incredibly complex and that it's hard to separate gun availability, mental health issues and the palpable tension of inequality and hatred, but how dare we shrug our shoulders at this epicenter of tragedy just because we don't know how to fix it? How dare we give up any passion we might otherwise have in trying to find solutions for hate and violence? To do so is selfish and lazy and once again, pathetic.

His name was Vester Flanagan; he was person, and he was not born evil. The idea of evil is an archaic one, born out of ancient religion, when we couldn't offer any other explanation. But to choke violence and hatred up to evil means that we are not actually searching for any actual solutions. Evil is a miserable idea in that if it's true, we're stuck with it with no choice of our own to stop it.

If we abandon the idea of evil,

it gives our species a choice to try and solve what we attribute to it. Vester Flanagan was not an evil man; he was a deranged, violent and angry man with a gun and a corruption of the human spirit.

We must work, and it is incredibly hard, to reform our country's gun culture. We should put reasonable limitations on their availability. We should put thoughtful limits on ammunition. We desperately, oh so desperately, need to reform both our cultural understanding of mental illness and our institutional understanding. We have to find solutions for the inequality that breeds the barriers between us that lead to anger, dehumanization and violence. And ultimately, we have to reform our personal understanding and practice of hatred.

We can help the mentally unstable. We can work with the violent. We can reform the hateful.

PBS published a must-read article (seriously, please read it) on July 29, titled "Recovering from Hate." The article tells the story of a man, Christian Piccolini, who managed to escape the snare of hatred and his membership in a white power gang.

It details how he ended up in such a hate group, and how a decade after leaving, he "co-founded Life After Hate, a nonprofit organization dedicated to helping former right wing extremists transition out of the lifestyle. In addition to offering support for recovering racists and those they've hurt, Life After Hate also works with government sectors and community organizations to help people outside the supremacist community understand how these groups work."

Our system of locking up the violent, or arming citizens to shoot them if and when they go off, is clearly not working. And, if you think about it for a few seconds, really quite dumb. This isn't the Wild West anymore; we're better than that now. We're all tired, but we now know enough to simply know this:

Guns don't help people. People help people.

The views and opinions expressed in this column are those of the author and do not necessarily reflect the official policy or position of The Collegian.

Jonathan Greig is a senior in anthropology. Please send comments to opinion@kstatecollegian.com.

Why urban growth has to spur new solar power technology

TYLER GEHMAN
THE COLLEGIAN

One of the great driving experiences is racing the sun to wherever you're going. I, personally, have raced (and beaten) the sun many times on the drive from Manhattan to my Wichita home, and vice versa, skidding into the driveway (dramatically and unnecessarily) as the sun sets in the backdrop. Well, what if instead of using the sun as mere motivation to drive too fast, the sun could actually power your car all the way to the end of your trip?

That's the upcoming development of a company called EVX Ventures, which is planning to present a one-quarter scaled version of this car in November. In its Aug. 28

article, "The World's First Solar-Powered Sports Car Could Drive Forever," IFLScience detailed the company's idea for solar racers, which are cars powered by the sun.

According to the article, thanks to some clever innovations to the car's model, like its light weight, low mass-to-power ratio, aerodynamic design and specially designed tires, "it is able to run on just solar power alone."

IFLScience also spoke with EVX co-founder and CEO Barry Nguyen and revealed that "perhaps most interestingly, Nguyen said that the car would be able to run perpetually on just solar power, giving it an infinite range, in theory, so long as it didn't exceed 60 kilometers (37 miles) per hour and the Sun was continuously shining. Still, that's pretty

impressive. However, Nguyen stressed that the idea of the technology was to use solar cells in tandem with existing vehicles."

Engineers and scientists are coming up with lots of different and important ideas like this. How Stuff Works, in their Dec. 23, 2011 article "5 Future Car Technologies That Truly Have a Chance," list energy-storing body panels as number one. "Whether future body panels collect energy or just store it, automotive companies are looking into new ways to make our cars more energy efficient and lightweight," the article said.

And Discovery News, on Dec. 8, 2014, detailed yet another new vehicular advance in their article "Spray Your Roof with Solar Power." They revealed that "Researchers

from Toronto University have come up with a new way to spray solar cells onto thin, flexible surfaces, which could then be installed on rooftops. Thin panels on a roof would hardly be noticeable."

So whether we're harnessing the sun from rooftop panels, storing it in our body panels, or spraying on solar cells, solar-powered vehicles are definitely the immediate future.

And we need them to be the now.

Our population is growing exponentially, and we're running out of places to live. Land that would otherwise be used for farming and food production is rapidly being consumed instead for more urban development, both housing and commercial.

More stories are going to come out that echo The New

York Times July 19 article "As Beijing Becomes a Supercity, the Rapid Growth Brings Pains." According to the article, the Chinese government "has embarked on an ambitious plan to make Beijing the center of a new supercity of 130 million people."

In addition, the article said, "The planned megalopolis, a metropolitan area that would be about six times the size of New York's, is meant to revamp northern China's economy and become a laboratory for modern urban growth."

This new method of urban growth heralds the need for new solar technology, like the vehicle developments above, as soon as possible. We urgently need the environmental benefits of these ecological advances as things like supercities come into being, so the smog of

urban life doesn't make the challenge to harness the sun harder than our technology is ready for.

The infinite power of solar energy to run cars going around 40 miles per hour (which I assume will improve as the technology does) sounds like the perfect match to an urban traffic environment. But we need it now in order to ensure its own survival and to help ensure our own.

This race to the sun actually counts.

The views and opinions expressed in this column are those of the author and do not necessarily reflect the official policy or position of The Collegian.

Tyler Gehman is a junior in psychology. Please send comments to opinion@kstatecollegian.com.

Street Talk

compiled by Diamond Sampson

Q: "WHAT LETTER OF THE ALPHABET WOULD BEST DESCRIBE YOU AND WHY?"



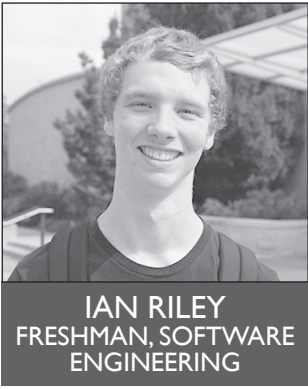
"Probably 'Z' because I think 'Z' is quirky and kinda overlooked and I think that about myself."



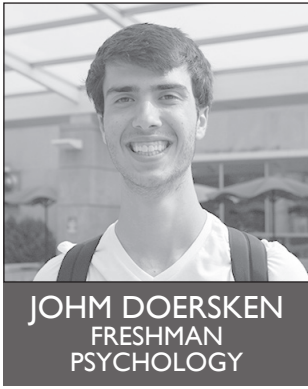
"I'm gonna say 'M' for Marvin because that's the name of the pet squirrel I used to have."



"I guess 'L' for loyal because I feel like I'm a really loyal person and a good friend to everyone."



"'C,' because I love the Cleveland Cavaliers."



"I would say 'E' for elephant because I like elephants they have been my favorite animal for eighteen years."

Falling asleep might be the hardest part of the day

SONIA KUMAR
THE COLLEGIAN

Edward Norton’s character from “Fight Club” once said in a sleepy tone, “When you have insomnia, you’re never really asleep... and you’re never really awake.” Despite the fallacies the big screen has, this line is one that strikes a chord with insomniacs and those who just can’t sleep.

According to an New York Times article titled, “Insomnia - Overview In-Depth Report,” insomnia can have many faces. Insomniacs, according to the article, can suffer from “difficulty falling asleep, difficulty staying asleep, waking up too early and poor quality (“non-restorative”) sleep.” Other forms of insomnia include circadian disorders, where people cannot sleep at conventional times, which often affect adolescents and the elderly, according to the article.

Insomnia also varies in terms of its duration. According to The New York Times article, there are three types of insomnia. The first, transient insomnia, only lasts a few days, while short-term insomnia lasts longer, but “no more than three weeks.” Finally, chronic insomnia is defined by the article as occurring “at least three nights per week for one month or longer.”

In fact, lack of sleep is a large problem among college students. According to an article on sleep by Brown University, college students are among the most sleep-deprived people in the U.S. The article said this may be due to the irregularity of college students’

sleeping habits.

“According to a 2001 study, only 11 percent of college students have good sleep quality, and 73 percent have occasional sleep problems,” the article said. “This same study found that 18 percent of college men and 30 percent of college women reported suffering from insomnia within the past three months, and over half reported feeling sleepy during the morning.”

There are many of reasons for the different types of insomnia, but temporary insomnia for college students (lasting for three days) could be specifically due to exams or stress during classes.

Now, many insomniacs and restless sleepers may already be aware of their situation and may perpetually wonder what they can do to alleviate their inability to sleep.

“I try to go to bed an hour before I really want to go to sleep,” Kevin Cole, junior in finance, said. “I spend the first hour tossing and turning but eventually get the rest I need. I also like to read occasionally before bed.”

One of the suggestions from the Brown article about how to deal with insomnia is to read. Relaxing could lead to drowsiness, so try reading or watching television. Brown also suggested that those who always have a lot on their mind should try making a list but not to obsess over it.

Knock Knock sells a clever “I Can’t Sleep Inner-Truth Journal” to start your insightful reflections for \$13.42 on Amazon. Bath and Body Work’s Aromatherapy sleep collection is also a great investment to help create a relaxation routine before bed with scents like lavender chamomile, lavender vanilla, night time tea and black

chamomile.

Kelsie Carpenter, junior in kinesiology said, “I haven’t had insomnia but I think exercise is the cure to everything, and with my knowledge from my classes, it has been proven to help people sleep better at night.”

Brown said that 20 to 30 minutes of exercise can be helpful to enter deep sleep; however, avoid exercising before bedtime because it will make you more alert.

“Studies show that individuals who exercise regularly are less likely to have sleep problems, so don’t forget to stay physically active,” Julie Gibbs, assistant director of the Lafene Student Health Center, said. “The Rec Center is included in your tuition, so use it when you can.”

Many turn to sleeping pills, but according to Brown University, most sleep aids contain antihistamines which can create drowsiness the next day. Additionally, these sleeping aids typically don’t create natural sleep and only work for a few days. Brown University suggests trying honey or carbohydrates before bedtime to help you relax. Calcium is a natural agent, as well. Lastly, herbal teas like peppermint, passion flower, lemon verbena and chamomile are also calming agents.

“Anyone who feels they are suffering from insomnia should see their health care provider,” Gibbs said. “Herbal products such as melatonin and other nutritional supplements might be beneficial; however they are not required to undergo the same rigorous testing as drugs do in order to meet governmental standards. Their long term impact, side effects and possible interactions with other drugs



File Photo by Taylor Alderman | THE COLLEGIAN
LeighAna Hueter, sophomore in apparel and textiles, looks at her phone while on the elliptical at Chester E. Peters Recreation Complex on Aug. 24, 2014. Exercising can help people with insomnia fall asleep faster.

are often unknown. Again, I suggest talking with your provider first to get their recommendation.”

It is important to remember that sleep affects not only your health but ultimately your life. Gibbs said she also

suggests living healthy.

“Stress plays a huge role on our bodies, and can sometimes interfere with sleep,” Gibbs said. “If you can effectively manage your stress, that would help you to sleep better.”

Shattered screens to dripping phones, a guide to avoiding accidents

RAFAEL GARCIA
THE COLLEGIAN

A call from work goes unanswered. A text from a significant other is seemingly ignored. In an age where most people rely on their cell phones as their primary method of communication, one clumsy drop and the loss of a phone has the potential to completely disrupt a person’s

life.

“I think (cell phones) have become indispensable for all of us,” Steven Smethers, associate director of the A.Q. Miller School of Journalism and Mass Communications, said. “People who are under the age of 60 don’t have landlines anymore. It’s all cell phones. We find that when we are cut off from anything that has been a part of our habit of media consumption, we will go through a certain amount

of trauma.”

For students on a tight budget, cell phone repairs become a low priority compared to a necessary expense like food. Others dread the thought of asking parents for repair money.

“I don’t pay for my cell phone bills, so I would be in a lot of trouble if I ever broke (my smartphone),” Leah Devers, sophomore in computer science, said.

Although insurance plans

from cell providers can cover damage, the deductible from a claim for accidental damage can cost more than repair from a third-party, according to phoneclaim.com. The website is operated by Asurion, LLC, an insurance company which handles the insurance services of AT&T, Sprint, T-Mobile and Verizon, in addition to several smaller providers.

Even though repair parts and tutorials can be found

online, the process of repair can be daunting and students often turn to professional services for repair.

“We see a lot of cases where people drop the phones from their laps,” Ross Cunningham, senior in sociology and co-owner of MHK iRepair, said. “A common cause is when people go out to Aggieville and aren’t careful with their phones. We see a lot of water damage, as well.”

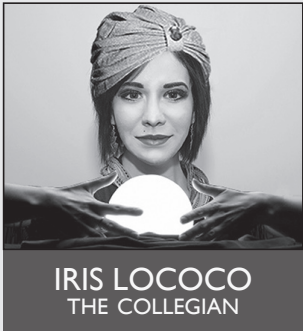
Located in Aggieville,

MHK iRepair offers repair services for cell phones, tablets, computers and even televisions.

A common misconception is that a broken phone is a dead phone. That is not always case, however. According to Cunningham, MHK iRepair can usually provide repairs and even recover data in 70 to 75 percent of all cases.

SEE PAGE 7, “PHONES”

Slightly sarcastic horoscopes for the week of Aug. 31



Virgo (Aug. 23 - Sept. 22)
You will have a little misunderstanding at the local farmers market after you belatedly realize that “pom” looks an awful lot like “porn” in the right font. Just keep telling yourself that your overnight stay in the holding cell is all the fruit vendor’s fault for not being a little more scrupulous about their advertising.

Libra (Sept. 23 - Oct. 22)
You’ve been sacrificing your personal life to put in some much-needed extra hours at the office, and you feel like all of your hard work will soon pay off in a big way. The stars don’t want you to get your hopes up too much; just proceed with the assumption that things will go from being soul-wrenchingly horrific to kind of tolerable soon.

Scorpio (Oct. 23 - Nov. 21)
You’re absolutely reveling in how sexy you feel lately. If you continue greasing the local hobo, maybe he’ll keep paying you compliments. Your self-esteem will get a boost, and he’ll be able to support his Two Buck Chuck habit. Everybody wins!

Sagittarius (Nov. 22 - Dec. 21)
You’ve applied for graduation, and the gifts have already started to roll in! For years you’ve been looking forward to receiving your obligatory copy of “Oh, The Places You’ll Go!” Instead, your parents opt for sending you something a bit more appropriate to your situation: a box with a copy of “The Road”, a fifth of Jack Daniel’s and a crazy straw.

Capricorn (Dec. 22 - Jan. 19)
You’ve been feeling unusually down in the dumps since classes started, and who can blame you? Being stuck in a small dank room all day would make anyone depressed. That’s always been your rationale for not wanting to be locked up in federal prison. Unfortunately your 8:30 recitation is not far from that reality.

Aquarius (Jan. 20 - Feb. 18)
Are you a glass half-full or glass half-empty kind of person? Someone close to you wants to know. In your case, the level of the liquid is irrelevant, so long as the beverage itself contains enough alcohol to make your personality moderately tolerable.

Pisces (Feb. 19 - March 20)
An unexpected turn of events has made your mood completely sour, but it may not be too late to turn it into something sweet. When in doubt, just follow the recipe. Try to keep that “creative flair” in check, though, unless you want your whole kitchen to burn to the ground.

Aries (March 21 - April 19)
Your will of iron tells you that you are a powerhouse of productivity and can accomplish anything you set your mind to this week. But your body of carbon and oxygen and stuff is all like, “Naaaahhh.”

Taurus (April 20 - May 20)
This week you’ll spend much of your time thinking of a good way to make a good impression on a potential romantic interest. Try not to be the bull in the proverbial china shop of romance for once, and find a way to highlight your positive qualities without assailing them with the full force of your gargantuan ego.

Gemini (May 21 - June 20)
You may have a difficult time recovering your positive mood after spending most of the week-end ruminating over a failed relationship from your past. Reflecting upon past missteps can be productive, but what started out as a nostalgic trip down memory lane has turned into an ass-over-elbows tumble down the regret staircase with no bottom in sight.

Cancer (June 21 - July 22)
Traversing the precipice of disaster is always ill-advised, but here you are yet again, hanging your butt out over the edge... You could survive and come out on top, but the likelihood of tumbling off into the abyss is far more likely. Make sure you’re emotionally anchored to something sturdy, even if it’s just your own catastrophic fear of failure.

Leo (July 23 - Aug. 22)
You make a truly valiant effort to give a friend or co-worker some much-needed advice. Contrary to what you think, your counsel is not the end-all, be-all panacea of personal problems for them. In fact, it’s more of an ignore-all, eye-rolling nuisance, like most things that come out of your mouth.

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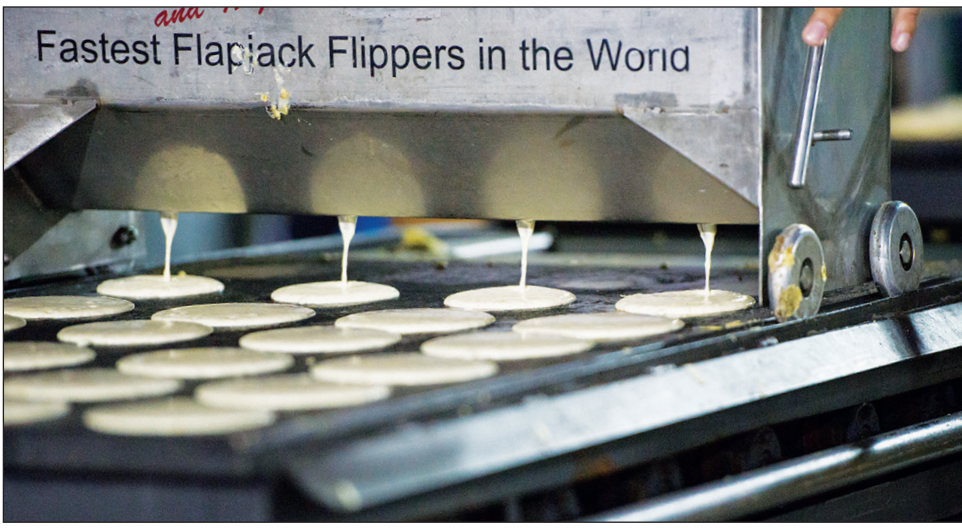
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QUINTILES



We do more than drink on the weekends



MIDDLE LEFT: Jeremy Platt, vocals for the band Suspicious Packages, sings at the The Varsity Truck during Live Music In the Alley on Saturday.

BOTTOM LEFT: The After Hours kicks off Live Music In the Alley at the The Varsity Truck.



George Walker | THE COLLEGIAN

ABOVE: Wesley Crow, freshman in music education, puts syrup on his pancakes during the Week of Welcome pancake feed at Memorial Stadium on Sunday.

TOP LEFT: Pancake mix pours onto a griddle during the Week of Welcome pancake feed at Memorial Stadium.

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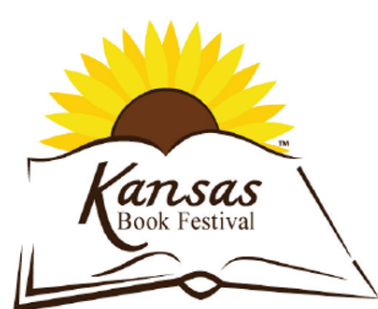
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